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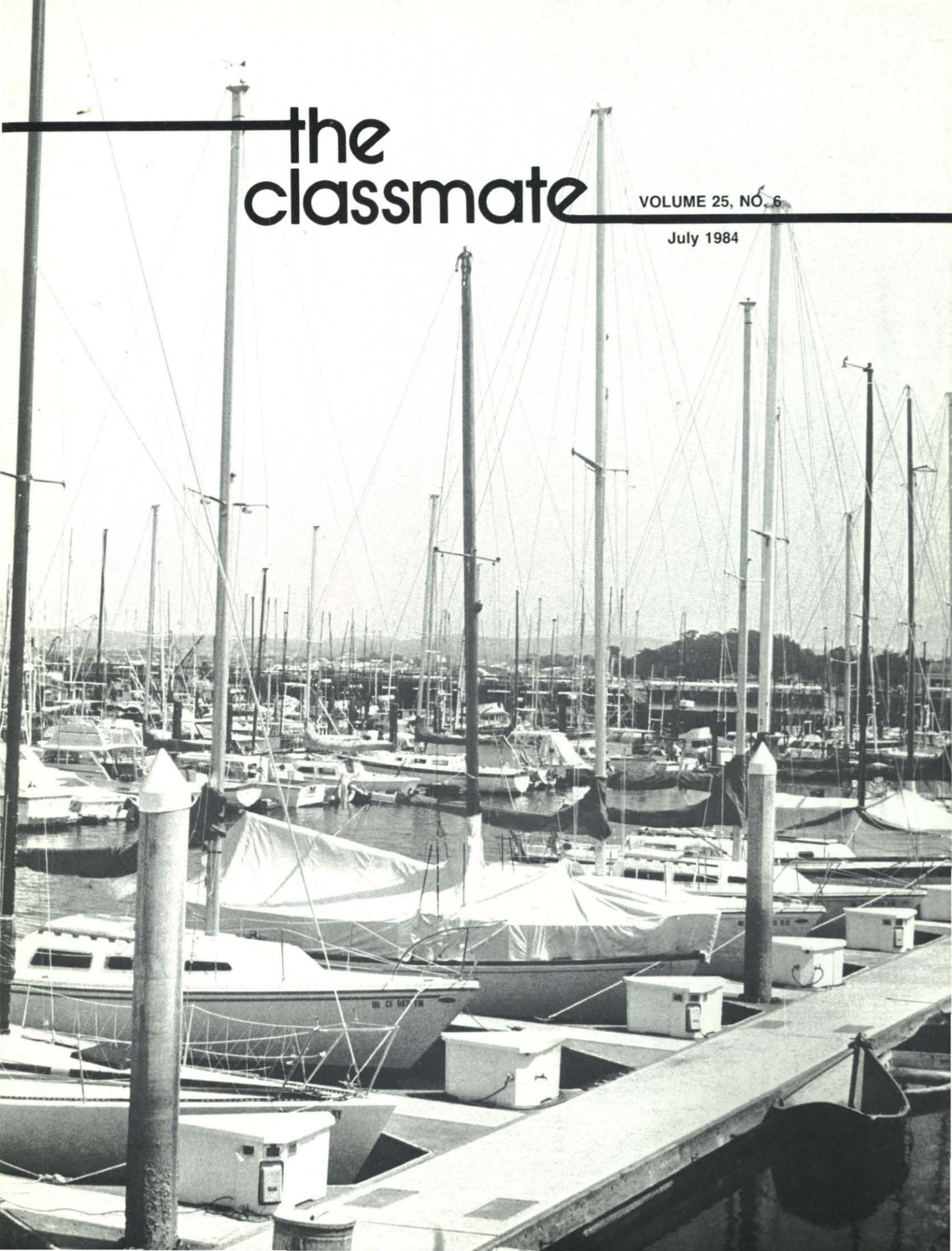
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the classmate

VOLUME 25, NO. 6

July 1984



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the classmate

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The monthly deadline for ALL copy to the Editor, SMC 2330, is the 1st of the month prior to the month of publication (November 1st to get into the December issue). The deadline for advertising copy is the 5th of the month prior to the month of publication.

Published at no cost to the U.S. Government by Herald Printers, 201 Foam St., Monterey, CA. The CLASSMATE was originated and previously edited by the wives of the students of the General Line and Naval Science School. It is now sponsored by the Officer Students' Wives' Club of the Naval Postgraduate School. Material and opinions contained herein are those of the publishers and are not to be considered an official expression of the Department of the Navy. Because of its functions as an unofficial medium for the Officer Students' Wives' Club, advertisements in the publication do not constitute an endorsement by the Department of the Navy of services advertised. Written permission is necessary to re-print any material herein.

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On The Cover: Sailboats, always a signature of Monterey Bay's skyline.

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EDITORIALLY SPEAKING



by Debra Allender Barker

Now that the much-coveted Editor's Reference File has landed in our living room, I know that Billi Parus was not kidding when she called and asked me to consider becoming the next Editor of *Classmate*. After all, I'd only seen three issues and knew little about the magazine's history, structure, or purpose. Fortunately, the focus of July is *Classmate*: its history as well as its present status. I'm hopeful that this issue, along with Billi's guidance and assurance that she'll "still be here," will direct me through the next six months. After one short month (or was it two?) of training, here goes . . .

When *Classmate* was first published in 1960, the structure of the Naval Postgraduate School was different, composed of several individual schools and, as a result, three wives' clubs: the Engineering School Officers' Wives' Club, the Management School's O.W.C., and the General Line and Naval Science School's O.W.C. (GLNSSOWC). *Classmate*'s first issue contained 12

pages of social news and activities for members of the GLNSSOWC. The "social communication" promised in that December issue included narrative lists of who was promoted, married, had a baby, or threw a party; and was highlighted by an advertisement boasting \$2.85 all-you-can-eat Prime Ribs of Beef.

In 1962, when the NPS schools merged, the *Classmate* staff covered the social news of each curriculum through the efforts of several social editors. Previously, there had been only four staff members. By 1971, the magazine looked much like it does now.

The quality of the magazine, produced solely by volunteers for the past 24 years, is unsurpassed. Each of the more than 200 issues solicits further assistance to replace those staff members lost with natural attrition. *Classmate* is never over-staffed and is always in need of writers, proof-readers, photographers, artists, and people to offer ideas. Few staff members have any experience in publishing; we learn as we go along. The magazine grows with each month and each new member.

Our staff meets in the Tower Room (fourth floor, Herrmann Hall) on the first Tuesday and second Wednesday of each month at 8:00 p.m. Whether you're a closet-best-seller novelist or someone who delights in finding typographical mistakes in printed matter, we would like to have you join us. If you'd like to write a regular column but have run out of ideas, check page 5 of this volume for a list of columns which were discontinued when a staff writer left the NPS community. Finally, please call any of us if you're interested in knowing the future focusses for the magazine. □

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OSWC News

President's Message

by Billi Parus

Once again NPS is back in session, and our vacations are over. I hope all of you had a pleasurable break and enjoyed all the offerings of the Monterey Peninsula and California. For those of you who have just arrived in Monterey, you have a delightful experience ahead of you. The NPS community is truly unique!

One of the most respected activities at the Naval Postgraduate School is the Officers' Students' Wives' Club. This spouses' club is both a social and a service club consisting of 21 committees, all run by *you*, the Military spouse! O.S.W.C. has an Executive Board of six elected officers, and a Governing Board made up of the Executive Board Officers, all committee chairmen, and a representative from each curriculum. These ladies help carry out the purpose of the club, and that is to enrich the lives of its members.

This enrichment takes on many different forms. There are the obvious social functions, which are held monthly;



the craft classes, many of which are taught by fellow O.S.W.C. members; the helpful information passed out at the monthly Governing Board; and in general, the camaraderie between the members. O.S.W.C. members also achieve enrichment often-times through "complaint satisfaction," when Governing Board and Executive Board take

your complaints to the various facilities involved. We usually can get a satisfactory result for the concerns of our group. And lastly, our members gain enrichment from working, learning, and sharing with each other. These are what makes O.S.W.C. a unique club at a unique tour of duty. Please consider joining us; you'll never regret it.

The month of July will be a quiet month with members enjoying "Brunch with the Sea Otters" on July 18th. A person from the "Friends of the Sea Otter" will be our guest speaker and he will bring along a slide show of these playful creatures. The brunch will be in the La Novia Room beginning at 10:00 a.m. Please see the July Pink Flyer for further information.

August will be busy as it will be time to welcome new student families to NPS. So enjoy your reprieve in July because the month of August is always the kickoff for the *active* fall term at O.S.W.C. And we want to see all of you there, enjoying and enriching O.S.W.C.

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OSWC Activities

by Kathy Cronauer

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 Machine Applique – Emily Thompson (375-2097)
 Moderate Floor Exercise – Lisa Hegland (375-5806)
 Needlepoint – Sally Dewey (624-2250)
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 Piano Instruction – Nathalie Plotkin (373-5671)
 Prepared Childbirth (LaMaze) – Nancy Myers (384-7080)
 Private Piano & Guitar – Karen Rigdon (649-8752)
 Quilted Wall Hanging – Cynthia McArthur (372-1613)
 Sewing Classes – Karen Reddix (649-6439)
 Smocking – Beginning to End – Billi Parus (649-6586)
 Soft Sculpture Dolls – Linda Sigmon (375-6847)
 Stained Glass – Gerrie Groenert (625-6019)
 Stained Glass Panel – Gerrie Groenert (625-6019)
 Stenciling – Faye Snyder (375-4802)
 Tales, Treasures, & Ghostly Happenings of Old Monterey – Randall Reinstadt (373-2885)
 Tennis Instruction – Jane Porter (649-0530)
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(Erma Bombeck type)

Out of Mischief
(as in ways to keep the kids, etc. . .)

Home-Sweet-Housing
(decorating ideas/storage tips)

Entertainment
(hostess ideas/menus/entertaining
in style)

Gardening Tips
(houseplants as well as the
great outdoors)

Minding Our Business
(estate planning/common legal
problems/voting information)

Legal-Ease
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Getting Away From It All
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Fashion Outlet Express
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Life Among the Ruins
(Erma Bombeck type)

Out of Mischief
(as in ways to keep the kids, etc. . .)

Home-Sweet-Housing
(decorating ideas/storage tips)

Entertainment
(hostess ideas/menus/entertaining
in style)

Gardening Tips
(houseplants as well as the
great outdoors)

Minding Our Business
(estate planning/common legal
problems/voting information)

Legal-Ease
(financial planning/contracts)

Getting Away From It All
(recreation and travel opportunities:
day, weekend, full break)

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MILITARY BALL 1984

by Shelia Dietz

Saturday, October 13, 1984, is the date to be circled on your calendar to mark the occurrence of the Military Ball. There is one new development to be passed along at this time. Commodore Shumaker, in recognition of the establishment of the Naval Service on this same date in 1775, has approved a permanent change in the name of the ball from the Military Ball to the Navy Birthday Ball.

This year, as in years past, the site of the ball is the Barbara McNitt Ballroom, located in Herrmann Hall on the Naval Postgraduate School campus. Dress will be formal and an evening of relaxation, fine food and spirited dancing will be the order of the day.

This year's Chairperson, Debra Neal, and her dedicated staff are making steady progress in planning the festivities of this most popular event. This does not mean, however, that creative ideas and suggestions won't be cheer-

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fully received and used. These ideas can be passed along to Debra Neal at 373-2289 or the Ball Co-Chairperson, Shelia Dietz, at 646-9938.

It is not too early to begin making plans. Look for more details and updates in future Pink Flyer and *Classmate* issues. Remember to look for Navy Birthday Ball and not Military Ball. ☐

Shopper's Guide

FOR THE MONTH OF JULY

The following businesses have these specials for you!

All West Furniture
Military Discount

Bereman Carpet
Free Carpet Pad

Children's Bootery
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Group Rates

Fireside Lodge/Westwind
Military Discount

Gianni's Pizza
\$1.00 Coupon

Jack London's
Complimentary Wine

Miller's Carpets
Free Carpet Pad

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A son, Charles Henry Berlin IV, 9 lbs., born on March 30, 1984 to Charles and Carolyn Berlin.

A son, Nathanail Raymond, 8 lbs. 5 oz., born on April 9, 1984 to John and Donnarae Curtis.

A son, Christopher Joseph, 7 lbs. 9 oz., born on April 18, 1984 to Steve and Barbara Ambrose.

A daughter, Isabell Regina, 6 lbs. 9 oz., born on May 13, 1984 to Wayne and Isabell Petersen.

A daughter, Alexandria Christine, 7 lbs., born on May 21, 1984 to Gary and Vicki Werner.

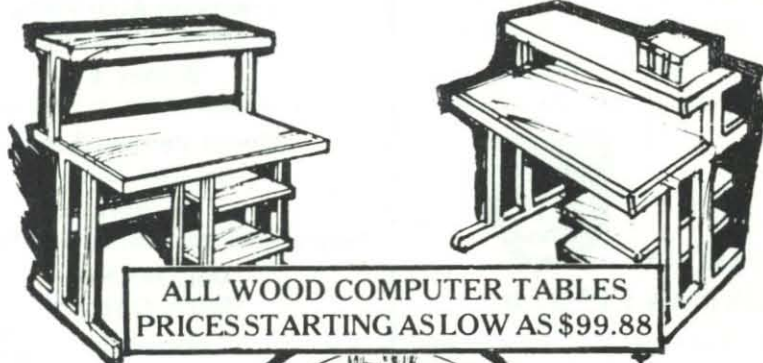
A son, Robert Edgar Orcutt III, 7 lbs. 14 oz., born on May 21, 1984 to Robert and Patti Orcutt.

A daughter, Elizabeth Ashley, 7 lbs. 13 oz., born on May 22, 1984 to Susan and John McGowan.

A son, Stephen Anthony, 8 lbs. 4 oz., born on May 22, 1984 to Dennis and Kin Popiela.

A son, Daniel Stephen, 6 lbs. 14 oz., born on May 31, 1984 to Stephen and Ulli Peterson.

Have you, your neighbor, or friend had a baby? If so, please contact Cathy Park at 646-9395 so the announcement can be in *Classmate*. You are our only source of information. □

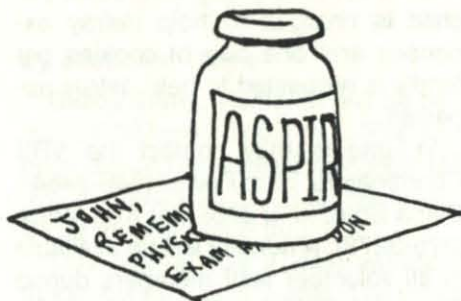


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WHERE IT'S HAPPENING

by Jeannine Cotner

July 6-8
July 9
July 14-15
July 16 - Aug. 5
July 18
July 19-22
July 21-22
July 21-22
July 22-29
July 23-29
July 27-29
July 28
July 31

Morgan Horse Show: Monterey County Fairgrounds.
New Quarter Begins.
Obon Festival: Monterey County Fairgrounds.
Bach Festival: Sunset Center, Carmel.
OSWC Brunch: Friends of the Sea Otter, 10:00 a.m.
Salinas Rodeo
Motorcycle Races: Laguna Seca.
Indian Art Show: Monterey County Fairgrounds.
National Horse Show: Monterey County Fairgrounds.
Feast of Lanterns: Pacific Grove.
Gilroy Garlic Festival: Christmas Hill Park.
Scottish Highland Games: Monterey Peninsula College.
Stress Lecture: King Hall, NPS.

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LA MESA BIBLE SCHOOL

One of this summer's special "happenings" for children is the La Mesa Vacation Bible School, which is jointly sponsored by the Catholic and Protestant Chapels at NPS. This year's school will be held from July 23 to 27 at the La Mesa Elementary School.

The Vacation Bible School will begin Friday, July 20 with a parade through

the La Mesa Village. Children may join the parade at the school or along the route, which will be published later. Children are encouraged to dress up themselves, their wagons, etc. to publicize this year's theme, "The Wonder Fair." Unlike past years, however, parents are asked to ensure their child's safety by insisting that bicycles be left at home.

The VBS officially begins at 9 a.m., Monday morning, July 23 and continues through Friday, July 27. Friday concludes with an Open House and a very exciting Balloon Lift. All children are invited to enjoy a week filled with Bible stories, singing, exciting new crafts, recreation, refreshments and Christian fellowship. Parents of children aged 4 and younger are asked to volunteer their efforts in some fashion to ensure the success of VBS.

Registration will be held after all Chapel services the weekends of July 7/8, 14/15, and 21/22. One dollar per child is charged to help defray expenses and one bag of cookies per family is requested to help defray appetites.

Volunteers may contact the VBS Coordinators: Barb Powell (646-9464), Diana Boaz (646-8309), or Ken Marra (375-3278). A nursery will be available to all volunteer staff members during the week of VBS.

Mark your calendars now and set aside the week of July 23 to 27 for Vacation Bible School. □

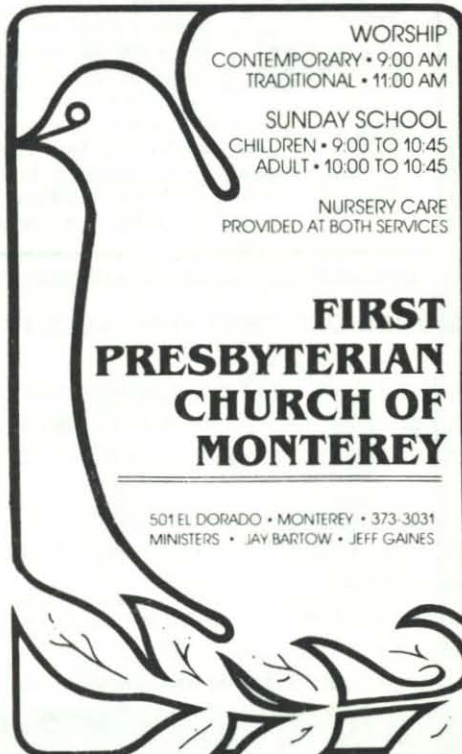
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by Colleen Nelson

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A special summer program is planned beginning with a fellowship coffee July 19th in the LaNovia room of Herrmann Hall. Speakers and topics for the summer session will be announced at that time. Beginning Thursday, August 2nd we will meet at the La Mesa Community Center. A different guest speaker will be featured on each of the following six Thursdays. The Fall Brunch will be held September 20th.

Please join us for any or all of the Thursday morning studies. Child care is available. Reservations for the brunch are a must by July 17. Call Colleen Nelson, 375-0381, for reservations or further information. □



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FESTIVAL FUN

by Jeannine Cotner

Gilroy Garlic Festival: will be held July 27-29 from 10:00 a.m. to 7:00 p.m. each day at Christmas Hill Park in Gilroy. Admission is \$4.00 for adults and \$1.00 for children 6 thru 12.

This festival has a wide variety of foods cooked with garlic. Garlic ice cream, garlic jelly, garlic wine, garlic spaghetti, etc. The majority of them, we found, are excellent! The cookbook has great recipes, too!

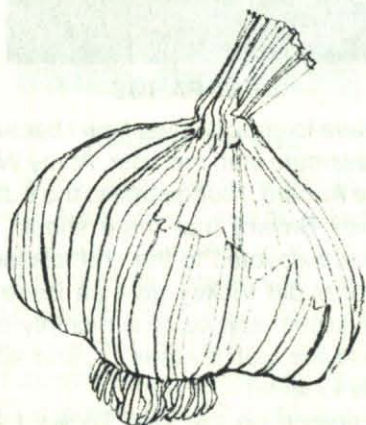
Two very important things you must remember are:

- 1) Arrive at Christmas Hill Park twenty to thirty minutes before festival opening time. If you wait till later, you could sit in a hot car on the highway for up to 2½ hours. (This applies to every festival around here.)
- 2) Christmas Hill Park is hot and dusty, so dress accordingly.

There are huge crowds and I don't recommend bringing infants or toddlers.

Castroville Artichoke Festival: will be held on August 8-9 in downtown Castroville from 9:00 a.m. to 4:00 p.m. Admission is free.

There will be artichokes cooked various ways, other foods, and arts & crafts booths. For more information, call 1-633-CHOKE.



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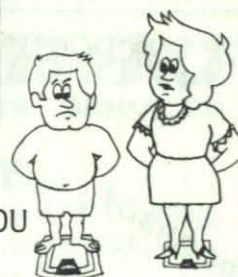
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The How and Why of Today's *Classmate*

Not Shown: Lolita Shaw, Lynn Tungett, Brenda Uyak, and Nancy Willis. Photographs courtesy of Trend Photography.



LINDA CONNELLY

I joined the *Classmate* staff in December of 1981 to proofread only, but was graced with the privilege of dining at many of the fine restaurants that grace the Monterey Peninsula, and then sharing them with you the reader in the form of a restaurant review. Thank you for your kind comments and helpful hints to locate some of the places that I have shared with you. Peripatetic means wandering and that is exactly what I have done: let my palate wander over the Peninsula and my waist line can sure tell it. □



MARIE B. JOHNSON

When I arrived at NPS and discovered the parks and campgrounds in the Monterey area, it struck me as a shame that *Classmate* had nothing on them. A park review seemed to me to be something that could benefit a lot of people, especially people with small children who'd like some place to go that would be open and yet not too formidable for little ones. So I came up with "On the Trail." When I found that consistent contributors need to go to the meetings to help with proof-reading and layout, I joined the staff. □



DEBBIE ALLENDER BARKER

A move to California and the birth of our son forced me to leave a job where I waded through and edited technical scientific documents. Once in Monterey, I was anxious to find some part-time editing so I wouldn't forget how it was done. With *Classmate*, "part-time" is three nights a month plus hours that I (and our son!) control. Now, instead of wading, I'm able to wiggle my toes and enjoy everything from writing to proofreading to the actual layout of the magazine. □



BILLI PARUS

I have to chuckle over how I became a *Classmate* staff member. At my Welcome Aboard, I suggested to the Editor (Vickey Brown) that there should be an issue devoted to the craft classes. Not only did Vickey give an issue to the classes, she gave a monthly column to the craft classes . . . and left it to me to write!

Everyone on the staff knows I am not a speller, but they work around that, correcting my misspelled words without a complaint! The *Classmate* staff is a delightful group of ladies and I am thrilled to be a part of them. □

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BEV RITACCO

I guess you could say that my interest in being a part of the *Classmate* staff got its roots in the 60's. Working on my high school yearbooks for four years and then on a college yearbook was an important part of my school years. I totally enjoyed the process of "putting out" a publication, especially the layout work. The *Classmate* is the first opportunity in my adult life to pursue an activity that had given me so much enjoyment so many years ago. □



JOANNE OWENS

My friend, Mary Anne Hoffman, the former Advertising Director, asked me if I would be interested in a part-time job. She then told me about the advertising position with *Classmate*. I said, "Oh, I couldn't do that!" Mary Anne's enthusiasm and positive attitude were hard to resist. I tried it and I can say I really enjoy it. This has been an opportunity to learn a whole new avenue of work. This experience with *Classmate* can be taken everywhere I go. Thanks, Mary Anne and *Classmate*! □



LAURIE GIVENS

As a furloughed flight attendant and mother of a toddler, I began to feel like I needed something more than *Sesame Street* to stimulate my brain.

With a college degree in Communications, *Classmate* gave me the perfect opportunity to maintain the writing and public relations skills learned over the years, plus keeping an on-going portfolio of work for future job applications.

Classmate offers something for everyone – male or female. It only takes a little bit of your time and you get great satisfaction from being a part of a professional publication. □



JOANNE LANGAN

Since my first year in college (just a few short years ago), I have been interested in writing and art. However, I did not feel bold enough to take the plunge and actively seek a position on the *Classmate* staff. A personal invitation came from my friend and neighbor, Joanne Owens, in the form of a question. She asked, "Do you know anyone who would be willing to draw a cartoon for the *Classmate*?" The *Classmate* provides the vehicle for my art form and, hopefully, my writing as well in future editions. It is a great opportunity to publish one's work in a non-threatening atmosphere. □



DONNA RANDALL

I joined *Classmate* in the fall of 1983 with an interest in photography. I started as a proofreader and presently began to share the duties of photographer with Kathy Reed. My first assignment as photographer was the Ghostly Tour held in May. Shooting black and white film for the first time was an eye-opening experience for me!

Sharing this responsibility with Kathy has expanded my interests within *Classmate* while allowing me the time to be involved in other activities. Working on a volunteer basis frees me from the rigors of an 8 to 5 job while giving me a feeling of accomplishment. □

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KATHY STOEBERL

I had talked to one of my friends who read some of my poetry. My friend said, "Hey! Kathy, your eyes sparkle when you speak of writing. You sure enjoy writing, don't you?" I replied, "Yes, I sure do!!" She said, "Why don't you call one of the editors of *Classmate* magazine, and see if they would want to use some of your poetry for the magazine, instead of stashing it away in your desk drawer?" My friend gave me a boost of encouragement by saying, "The poetry you have let me read is worth publishing in the *Classmate*." I said "Ah! Kay, thanks for believing in a haggard housewife, and I will think about it. For trying to help me, I'm going to give you a cup of reheated coffee, and a week-old cookie."

Later on, I shared the idea of submitting my work with my husband, and he was supportive.

I procrastinated for a few weeks before I finally decided to take my friend's and husband's advice. I guess, initially, I was a little scared, and unsure of myself. Would I please and benefit other readers? I realized that I had to inquire, make the effort, and get involved. If my poetry was put in the *Classmate* magazine, I would have the readers I need to make my day worthwhile. I would have the opportunity to affect, and touch others through my writing. I brought a sample of my writing to a *Classmate* staff meeting. I was asked if I would consider joining the *Classmate* staff, submitting poetry and articles. I was happy to join because I love people, and to show that love, I write to them, about them, and for them.

I have found that expressing myself on paper is meaningful therapy for me, but, especially, I want it to be welcome and beneficial for those who read what I say. Through the *Classmate* magazine, I obtain enormous satisfaction and get to do exactly what I want. I am able to socialize with a friendly group of women, and be an active participant in the preparation of each month's issue by proofreading, assisting with the layout, writing poetry and articles to help turn out the Naval Postgraduate School's most helpful and informative magazine.

I write on and on, to have fun! Fun!! FUN!!! ☐



PAM BONSPER

While serving as the publicity chairman for the Military Wives' Art Association, I wrote the "Eagle's Eye View" articles each month in the *Classmate*. At one of the proofing sessions, I inquired about a need for an assistant ad director. One month later, I was no longer a starving artist, but instead a struggling business-woman. Brushes and easels have been replaced by a briefcase and comfortable shoes. I am once again aware that being a Marine wife brings with it a variety of opportunities and some surprising career possibilities!

I value the opportunity to work on the *Classmate* staff. In my opinion, *Classmate* is a unique magazine from which both the NPS community and the businesses on the Peninsula and elsewhere can benefit. ☐



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GINGER WERZ-PETRICKA

I first became involved with *Classmate* magazine as Assistant Ad Director, and simply because I wanted a part-time job. At the time I had no thought of any further involvement, but one month the magazine's focus was a subject of particular interest to myself, so I asked if I could submit an article. After that piece, the editor asked me if I'd like to write regularly and if there was any special subject I was interested in writing about. That led to my regular "A More Beautiful You" series, and several other contributions. Today my involvement has grown to include cartoons, an occasional photograph, and the responsibility of the layout meetings, as well as feature writing.

It was as simple as that. I have no special literary background; my degree is in Fine Arts, and, up to this point, I'd never thought much about magazine writing. The layout aspect of the magazine is especially interesting to me, being an avid fan of puzzles.

I had wondered just what kind of people would be on the *Classmate* staff and if I'd measure up to their standards. But, I've found the staff to be, on the most part, no different from myself. We're a group of non-professional volunteers, as diverse as any you'd find in any military situation, and we're all dedicated to putting out a professional quality magazine. I urge any member of OSWC who is looking for something extra while at the NPS to join our staff. Many of us will be leaving within the next few months and we do need new staff members to carry on the magazine. *Classmate* is well worth the effort. □

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KATHLEEN REED

When we first moved to Monterey, I knew absolutely no one and depended on my husband and baby to keep me busy. Once school started, Vern had begun focusing his evenings toward homework, our baby was in bed for the night, and I was left to figure out what I should do with all this extra time. Unfortunately, at first I almost always chose to watch the "boob-tube" usually munching away at various snacks in the process. Well, that was just great... Vern would leave Monterey with a degree, our 2½ year old son would leave with all his teeth and a good vocabulary, and I would leave dull and probably grossly overweight. We talked about my dilemma and decided that I should get involved with something that would prove constructively beneficial but not overly demanding.

I talked with the editor of *Classmate*

and found that writing was not necessary unless I chose to. The staff was always in need of proofreaders, and would only take an hour or so twice a month. This would be a good chance to meet people and become involved with something constructive. It was a Godsend.

So here it is three quarters later and I enjoy myself and have a sense of pride each time the magazine comes

out. I know that I am doing something that not only helps me, but is a source of information for those who read it as well. I am part of it.

I have met some terrific ladies of whom many have felt the same things as I regarding enjoying yourself and staying active while the baby sleeps and the husband studies. Television is not the only entertainment source. □

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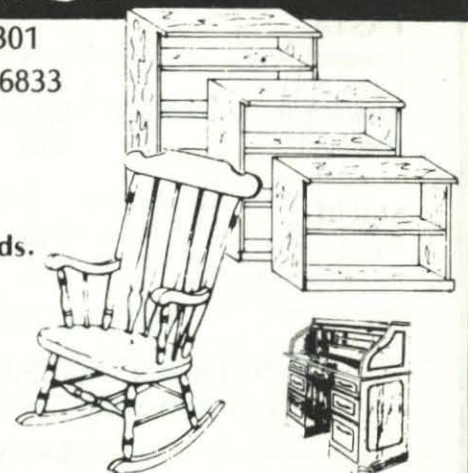


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JEANNINE COTNER

I was going through my small (?) pile of assorted paraphenelia from my first Cramalot (Welcome Aboard), when I found the info sheet about *Classmate*. It said, "just come and see what we do at a meeting; you're not required to participate." Meetings are on the first Tuesday of each month and the second Wednesday of each month, at 8:00 p.m. in the Tower Room."

The next month, I went and began by proofreading articles. Four months later, I wrote a tiny little article. Since then, I have overcome much of my fear of writing. This is due to the tremendous support and encouragement of the people on *Classmate*. They really stress that the magazine is a compilation of everyone's efforts and that is what makes the work so much fun and something to be proud of. □

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MAUREEN DEUTERMANN

My siblings and I learned the culinary arts at an early age from one of the best: my mother. All of us, including my four big brothers, love to dabble in the kitchen. When I heard that the *Classmate* was short one recipe columnist, I naturally jumped at the chance.

Here, I have a built-in, first rate audience. My best friend has a bumper sticker that reads: "Navy Wife. The toughest job in the Navy." I don't think that's an understatement. I try to include recipes in my column that are elegant as well as easy, in an effort to make a tough job just a bit more pleasurable. □

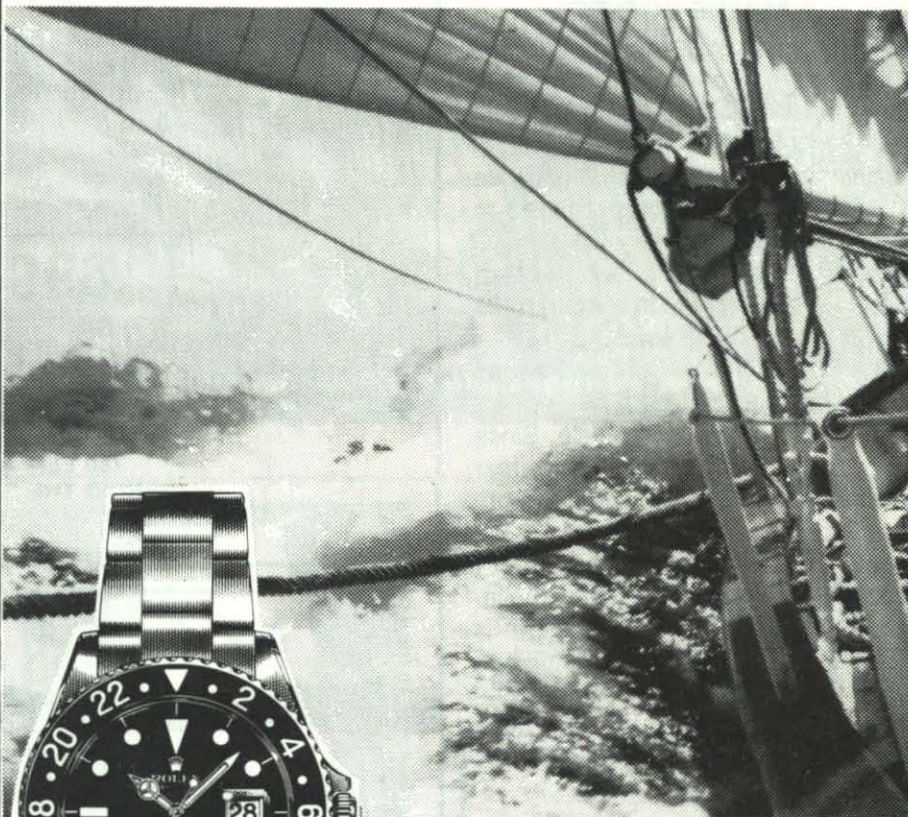


KARLA HENDERSON

Last month I went to my first *Classmate* meeting. I was surprised to find that the staff welcomes articles from most anyone. I certainly qualify there. I was told to grab an article and start proofreading. I felt a little strange about editing someone else's work my first visit, but soon I was happily scratching and scribbling my red ink notations. A staff member asked if I would like to join, and in the face of such arm-twisting my only response could be, "Why not?" By my second meeting I had taken on a regular article. If I can do it (which remains to be seen), anybody can. □

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On The Trail . . .

Veteran's Memorial Park



by Marie B. Johnson

It always seems to happen this way. You promised you'd take the kids camping. Big Sur has been filled since May 1 and you'd needed to make reservations in March for Yosemite or Sequoia National Parks. Now the break is over and Dad is back in class. Does this mean that you have to spend the rest of the summer hearing about the camp out that wasn't?

Not necessarily. Not if you don't mind a campground with a hot shower, accommodations for trailers as well as tents, and a ten minute drive from La Mesa. Not if you don't mind staying within the Monterey city limits. The answer is Veteran's Memorial Park.

My two-and three-year-old escorts and I decided to give Veteran's Memorial Park a whirl one day last month. We aren't up to camping just yet (we haven't gotten a tent that can hold more than two people) and so decided to just make a day trip. We drove blissfully up Jefferson St. through the trees, looking for birds and squirrels. It wasn't hard to find the park. You either turn in to the park or you drive cheerfully along Skyline Drive. We chose to turn.

There are forty campsites in the park, thirty of which can accommodate trailers though there are no hookups. The grounds are well-kept; they are clean and although the sites are a little close together, there are enough trees and bushes to assure you of as much privacy as you'd care to have. The fee for camping is \$8.00 a night for the first vehicle and \$2.00 for the second vehicle. Only two vehicles are allowed per campsite and there is a length restriction of 21 feet on vehicles. Anything larger will be referred to another campground. Each site has a fire pit and table. Faucets located in various places throughout the camping area will provide you with water.

I did mention hot showers, didn't I? They are located at the upper end of



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the campground and are well maintained. (Three-year olds love to explore and, of course, chose to use the facilities, and discovered the showers!)

No reservations are available here; first come — first serve. As long as you leave your receipt clipped at your site, it's yours. The maximum stay though is three days, certainly long enough for a weekend or mid-week jaunt.

The highlight of our trip was the playground. The limited hiking trails and volleyball court were not of interest, but the tire swing was. How do you get two little girls off a tire swing? Offer them a slide, of course. Or several slides, as the larger of the two slides is connected to some wonderful climbing equipment, all of which is wooden. Did I say wonderful? It certainly is. However, if the two-year old isn't to be entirely trusted at the top of a six-foot slide, it behooves Mom to guide the interest to the lower slide. It's a lot easier to get the little one down than it is to get an eight-month-pregnant woman down (or up!). Believe me,

I know! A huge lawn terminates in a flag pole and is an ideal goal for races. No one was using the lawn when we were there so we didn't have to watch for kite strings or frisbees.

The picnic areas (there are three) can be reserved for groups and has a BBQ pit, tables and water available. Restroom facilities are a short distance away in the camping area. There is no fee for the picnic areas. If you're of the peanut butter sandwich variety of picnicker, a blanket will do very well on the grass or under a tree.

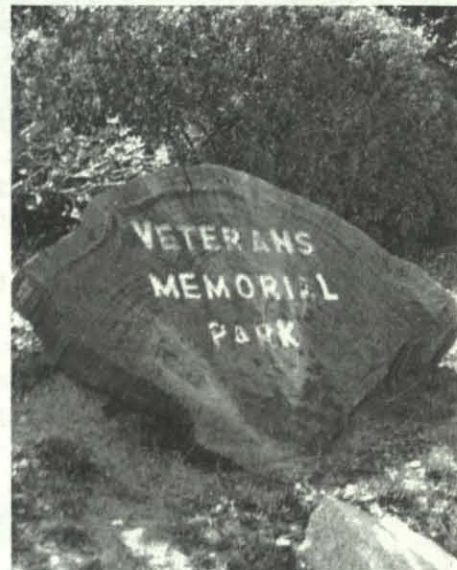
Youth groups may also reserve one of two areas for overnight camp outs. The same facilities are available as in the picnic areas and there is a reduced fee of 50¢ per person per night. They are limited to 100 people at each site.

Veteran's Memorial Park is administered to by the City of Monterey Department of Parks and Recreation. There is an attendant in residence at the park to answer questions or give information.

We spent a lovely day there at the park and the highlight for me was arriv-

ing home, with two sleeping girls in the car.

How To Get There: The easiest way from La Mesa is to take Fremont St. to Pearl. Make a left on Pearl (at the corner of the Cooper-Molerna Adobe) and continue to Pacific. Across Pacific, Pearl becomes Jefferson and is no longer one-way. Follow Jefferson St. west and follow the signs at the top of the hill to Veteran's Memorial Park.



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SCOTTISH HIGHLAND GAMES ON THE MONTEREY PENINSULA

by Sue Kniss

The flash of the tartan and the flourish of the bagpipes signal the 16th annual Monterey Peninsula Scottish Highland Games, to be held on Saturday, July 28. Just for a day the grassy field of the Monterey Peninsula College football stadium becomes a corner of Scotland, where participants and spectators from all over the western states and Canada mingle to enjoy this colorful event.

Benefiting the Elks National Cerebral Palsy Fund, this traditional Scottish gathering includes, in addition to the athletic events, bagpipe music, Highland dancing, folk music and country dancing, children's games, genealogical studies at the many clan tents, sheepdog demonstrations, British and American foods, and shopping for goods from Scotland and the British Isles.

Caber-tossing, the sport in which strong young men toss end-over-end a telephone-pole-size tree trunk with incredible accuracy, is always a highlight of the Games. In addition, there are weight-throwing, hammer-throwing and tug-o-war competitions. Both professionals and amateurs compete in their respective divisions.



When the last caber has been tossed and the last hornpipe danced, there is more. In the evening, the ceilidh (pronounced *kay-lee*), a Scottish party/gathering with music, dancing and all that goes with it, will be held at the Elks Lodge in Monterey. This year the Elks will also provide a barbecue dinner for those who wish it. The public is invited to attend as long as the limited number of tickets last—at \$6 for adults and \$3 for children 12 and under; ceilidh tickets can be purchased at the headquarters tent at the Games.

Visitors to the Games will delight in the Monterey Peninsula—the beauty of the beaches from Pacific Grove to Big Sur, the history of Old Monterey, Cannery Row and Fisherman's Wharf, as well as the charm of the village of Carmel, make for an unforgettable

weekend.

On the Peninsula, as in Scotland, July may provide sunny seaside weather or a lowering, misty day—but you never know which. Those attending the Games are urged to bring a warm sweater, just in case.

Monterey Peninsula College is located in Monterey at the Fremont exit of Highway 1—just follow the signs. Gates open at 10 a.m. Tickets, available at the gates, are \$4.00 for students and military with ID; \$6 general admission; children 6 and under are free. There is plenty of parking.

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Special note: Tickets may be purchased at the Naval Postgraduate School Recreation Office. □

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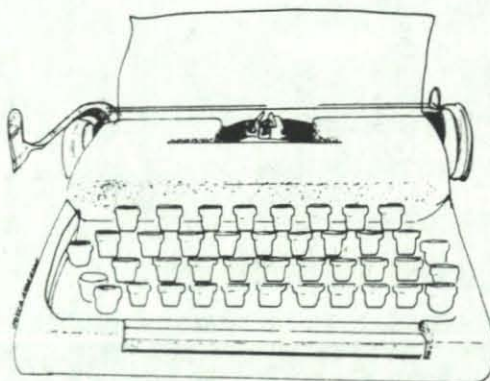
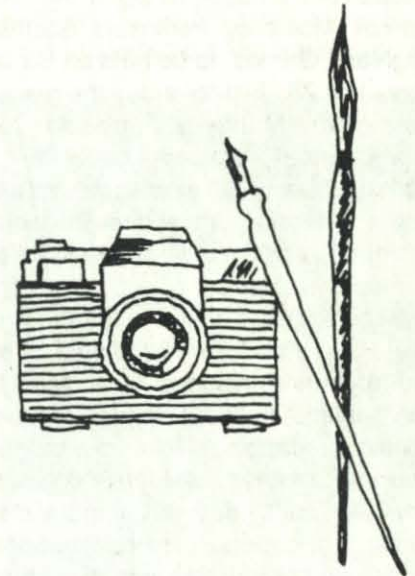
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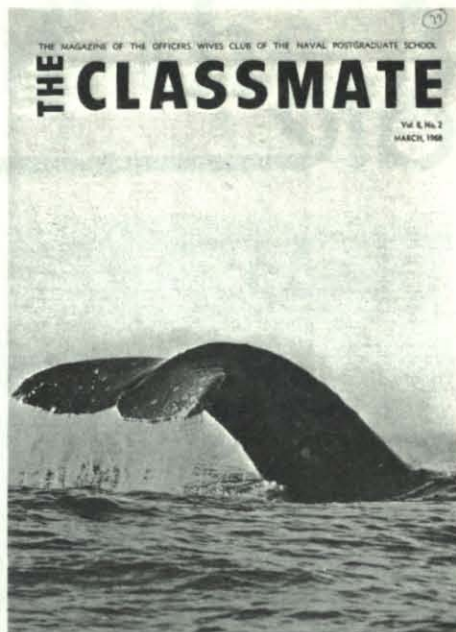
Capt. Linkenbach was formerly the
Director of the Naval Postgraduate School Dental Department

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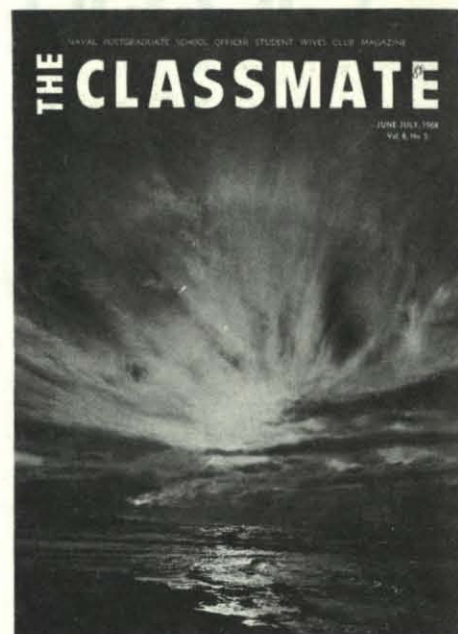
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Peripatetic Palate

by Linda Connelly

Mario's Continental Restaurant
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373-4492

Old habits die hard so as the month ended I found myself in a fairly new restaurant on Cannery Row — Mario's. As I enjoyed each course the thought of sharing this delightful place with you heightened my pleasure.

Tortellini, pasta stuffed with spinach and cheeses then smothered in a but-tery cream sauce, was an absolutely delicious appetizer and set the tone for the meal that followed. If it had not been for the tortellini, I would have passed the appetizers and enjoyed the special Pasta Roulade, and the Salad Portofino or Cream of Oyster Soup that enhance each meal. Given the choice of soup or salad I chose the cream of Oyster Soup and was rewarded with a sweet, thick creamy soup with delicate pieces of oysters. Hot, lightly-salted, fresh garlic bread baked daily at the restaurant escorts all the meals and is delicious.

Banish all thoughts of plain spaghetti and meatballs with thick tomato paste sauce and let your imagination be your guide as you preview the Pasta En-trees: Aragosta Con Linguine, Pasta Ligure con Frutti Di Mare, Tagliatelle Alla Bolognese, and Fettuccine Emiliana.

If you are not a pasta lover, Mario's has a fine selection of steaks, veal, chicken and many seafood dishes pre-pared creatively by chef Van Rossum to please your palate.

After the appetizer, soup, and superb Scampi 710 Cannery — I had

had an elegant sufficiency but was tempted into tasting one of their numer-ous desserts made from scratch at the restaurant. As it turns out, there is al-ways room for Cannoli Cardoni. Other available desserts include Grand Mar-nier Souffle Richard, Chocolate Mousse Cake, Cheesecake, and, last but not least, Strawberries with Amaretto Zabaglione.

Sipping a cup of Mario's excellent Cappuccino gives one a chance to enjoy the warmth of the royal blue color carried throughout the restaurant and accented by stark white tablecloths and elegant sparkling crystal. Although the gourmet cooking in itself is enough to warrant a return visit, the friendly warm host Mario Beretti and his em-ployees are what set the restaurant apart.

Reservations are suggested for din-ner, served daily from 5 p.m., and lunch for fifteen or more by appointment — how about a lucheon ladies? Enjoy and thank you for this last opportunity to share one of my many wonderful dining experiences with you, good-bye till we meet again on the East Coast. □

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by
GINGER WERZ-PETRICKA

Picking the right Size Clothes: Or Primal Screams from the Dressing Room

by Ginger Werz-Petricka

When I started researching this article I found one overwhelming consistency in what books and articles said about which measurements mean what size. That consistency is that NO ONE agreed with anyone else. So, obviously, listing sizes isn't the way to go. Instead let's talk about proportion and figure types. First thing you'll need is a good measuring tape and a full-length mirror. If you don't have a full-length mirror get one; every woman needs to see her whole body to know if her clothing image is flattering.

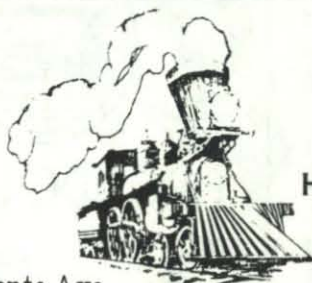
Next, kick your husband and kids out for a while; you don't need an audience and, with just your underwear on, or without clothes at all, look in that mirror. Be honest and be kind; too many of us see just our figure flaws and that isn't fair, is it? Now, are you small boned or big boned? Measure your wrist; if it is six inches or more you are considered large boned, if it is less you are more small boned. The amount of weight your body can handle will adjust accordingly; check diet charts for that information. Look in the mirror at your proportion; where would you add or subtract an inch if you could? Are you equally proportioned or would you add onto your waist or legs? It will help if you get a piece of chalk and, with your back against a wall or a door, mark your height. Next find your waist and mark that spot. If you have trouble deciding where your waist is, wrap a cord around the waist area and bend forward and to the sides. The cord will roll to the proper spot and you can mark the wall at that point (leave the cord in place for now). Next, mark where your

hips start. The hips are approximately 7" below the waist for petite women and approximately 9" below the waist for taller women. Use 5' 4" as a breakoff for petite height. Then mark where your knees are.

Proportion in what is considered an ideal figure has half of the body length above the hips and half below, with the lower half evenly divided at the knees. A couple more proportions to check on are as follows. The supposed ideal head size: measure the length of the head from the top of the forehead to the chin and multiply that figure by seven and a half. This measurement should equal your height in inches. Next, how long are your arms? Normally the elbow falls at the waist and the fingertips at mid-thigh.

Now that you've checked out your proportions it's time to get your measurements. Besides height, bust,

waist, and hips, measure your shoulder width and back-waist length. To determine the back-waist length, drop your head forward and find the prominent neck vertebrae at the base of the neck and measure from that bone to the waist. By the way, the back-waist length and the shoulder width will match on the ideally proportioned figure. But, what if you aren't ideally proportioned? Don't despair, very few women are. The average American woman is actually short-waisted and blessed with heavy upper thighs. The most common figure type has a hip size one or two sizes larger than her blouse size. Face it, there are very few women with the so-called ideal figure, so stop kicking yourself, if you can't do anything about it you learn to love it, right? It's just too bad that the fashion industry sees fit to make us feel inadequate for being ourselves.



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Okay, now it's time to look at the figures. So put your clothes back on and let the family back into the house. If your proportions fall close to the so-called ideal, then finding a proper fit off-the-rack will be easier. If you are long or short waisted, or if your legs and/or arms are out of proportion to the rest of your body, then some adjustments in clothes buying will be in order.

What about clothes and what the sizes mean? I have found more variation than I wanted in this area. The sizes on the labels are sometimes a joke, but in buying clothes, proportion is important; here is some information that should help. There are juniors, junior petites, misses, misses petites, half-sizes and women's sizes and, as a whole, these are related to proportion as well as height and weight.

A junior size is for a well proportioned, shorter-waisted figure, 15" to 16 1/4" back-waist length, and 5'4" to 5'5" in height. The junior petite is the same woman, just shorter in height and with a back-waist from 14" to 15".

Junior sizes are numbered 5, 7, 9, etc. up to 15 and junior petites range from 3 to 13. Misses sizes are designed for a well-proportioned figure better developed than a junior and a little taller, 5'5" to 5'6" usually, with a longer back waist length, 15 1/2" to 17 1/2". The misses petite is the same figure but shorter, 5'4" and under, with a back-waist length less than 15 1/2". Misses sizes are even numbers, 6 to 18 usually, and misses petites start at 0 but are seldom bigger than 10 or 12. In general, the difference between junior and misses sizes is not so much height as bulk. We often think of junior sizes as being only for teenage girls and unfortunately the styles in this size often reflect this, but a woman with a small bone structure or narrow rib cage may be a junior size at age 40. By the same token, a woman with a large bone structure may have never fit into a junior size but gone straight into a misses size as a girl. True, there are some real similarities in the two sizings, a trim misses figure might fit into one size up in a junior garment. On the

other hand, a full misses figure may not fit into the slimmer cut found in the

Cont. on p. 28



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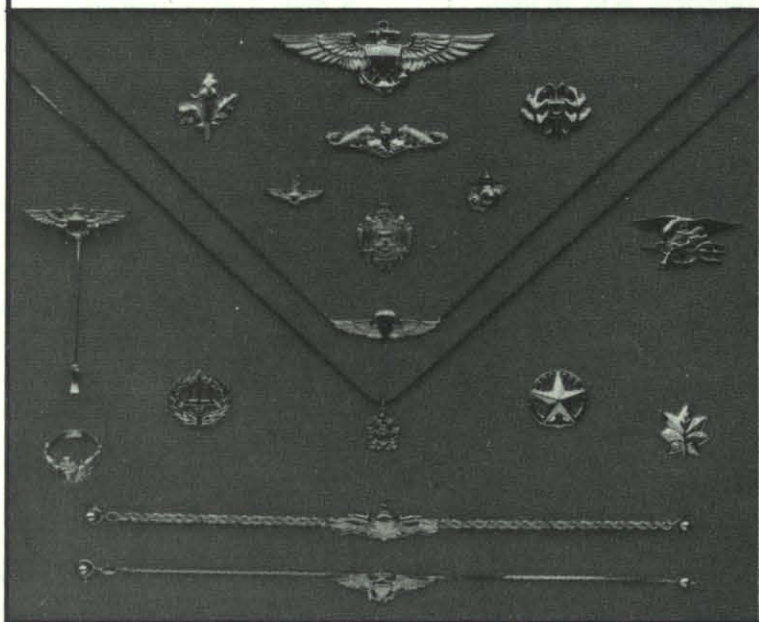
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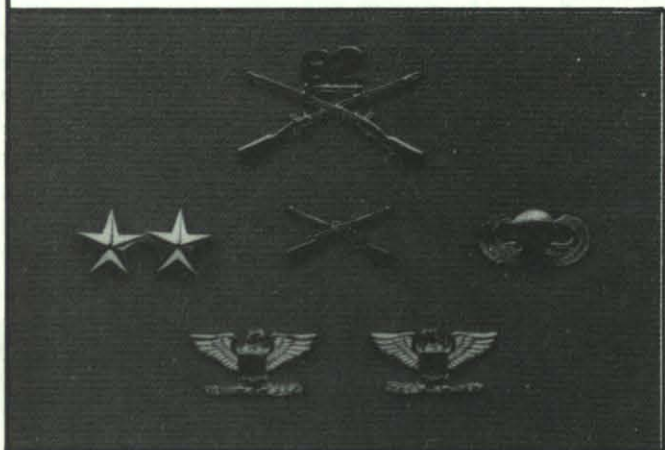
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junior sizes, especially around the bust or hips and thighs. It is this fact that has given rise in recent years to the misses petite sizing and, thank goodness, the department stores are finally catching on that the average woman's height in this country is actually 5'3½", not the 5'5" or 5'6" we've been led to believe. Now, if only the prices in the petites department were more reasonable

Next come half-sizes and women's sizes. A half-size is a fully developed figure with a short back-waist length, from 15" to 16¼", and her waist and hips are larger in proportion to her bust size than other figure types. The half-size height is 5'2" to 5'3". A women's size is also for the fully developed figure, back-waist length 17" to 18", and about 5'5" to 5'6" in height. Half-sizes are even numbers, 10½, 12½, etc. up to 24½ and women's sizes are also even, starting at 38 and going up.

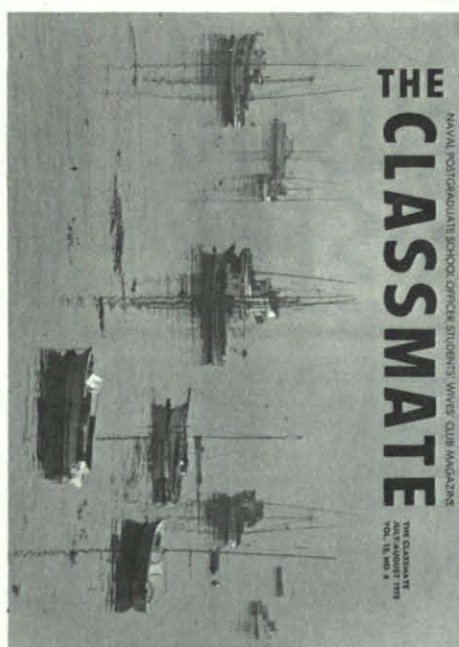
Let's take this information and see what we can do with it. Jill and Betty are both 5'4" and are then on the tall side of petite. Jill is long-waisted, her shoulders and her back-waist length is

16½", and her measurements are 34½, 26, 35. Jill's wrist measurement is 6⅞ so she is large boned. Considering her back length and bone structure, Jill wears a misses size in blouses and dresses, probably a size 10 or 12 depending on the cut. Unfortunately, her dresses will have to be shortened considerably because of her height. In pants and skirts Jill will wear a misses petite size 10 or a junior petite size 11. In skirts she could probably wear a junior size 11 but she might find that crotch lengths are a little too deep in junior sizes. Regular misses slacks would need considerable alteration. Betty is short-waisted, with a shoulder width and back-waist length of 15". Her bone structure is small, 5¾" wrist measurement, and her other measurements are 33, 24, 33. Betty would probably fit beautifully into an 8 misses petite dress or blouse, maybe into a 6, as once again the cut is everything. She could probably wear junior size 7 slacks and skirts since she is short-waisted and therefore has a longer length from waist to hip. For this same reason junior petite slacks might be a little snug in the crotch. She may be able to wear misses petite slacks since they are cut for a slightly more generous figure. It is actually easier to fit a

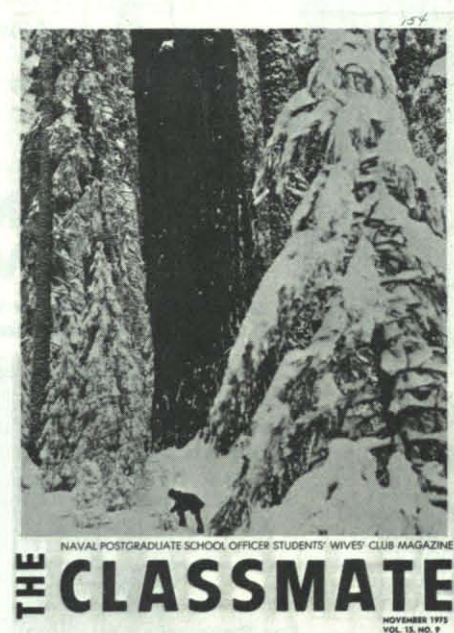
long-waisted woman than a short waisted one because she has many more clothing size options, especially with a woman figure.

So, now that you have a general idea where you fit in, do clothes fit the same criteria? Sometimes. That's a big help, isn't it? In general, the more cheaply made the garment is, the smaller it will be for its stated size. Designer clothing, on the other hand, tends to run large for their stated size in many cases. A woman who is a misses size 10 in moderately-priced clothing may wear a size 12 in inexpensive clothing and a size 6 or 8 in designer clothing. It seems we really pay for flattery. Another interesting thing about buying cheaper clothing is that within a stated size there can be a great deal of variation in actual size. It seems that patterns are often cut with large cookie cutter-like templates through many layers of cloth so naturally there is bound to be some variation from top to bottom.

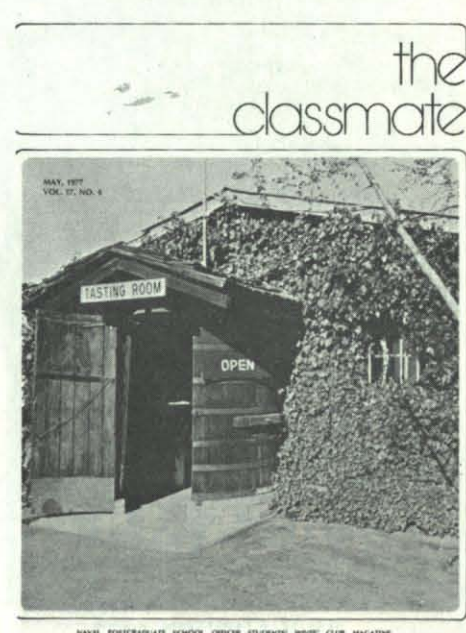
I wish I could tell you which companies and designers cut their clothing large or skimpy, or how they proportion their clothing, but it would take a book to do so. I'm afraid you'll just have to try things on. However, if you look around, just walk from one department to another in a big store like Macy's or



JULY/AUGUST 1975



NOVEMBER 1975



MAY 1977



NOVEMBER 1978



NOVEMBER 1982



JULY 1983

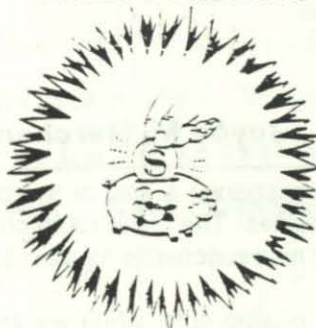
Emporium you can get a feel for the trends, and I think that an attitude shows up in various departments in styling and therefore the proportioning of the various sizes. I feel that companies which specialize in conservative styles and conservative synthetic fabrics tend to aim at what they see as a more mature market (translate that as matronly and, therefore, fuller figured, especially around the bottom and thighs). Designers, on the other hand, seem to think that the only women to buy their styles are tall, have boyish figures from playing racquetball fifteen hours a week, and eat only yogurt and bean sprouts. Makers of petite clothing (though the styles do vary considerably) seem to think that all short women are a size 3. Junior sizes are most often immature and women's sizes seem to be for women who have never seen a fashion magazine and couldn't care less about style. Stereotyping strikes again.

The best way to get what you want in your clothing image is not to settle for less than the best. The best YOU. Forget the salesgirl, she's paid to say you look great, and take the advice of your friends with a grain of salt. After all, most of us are guilty of steering our friends to the clothing we ourselves

like. Since you've already cleaned those white elephants out of your closet and had your colors done, you

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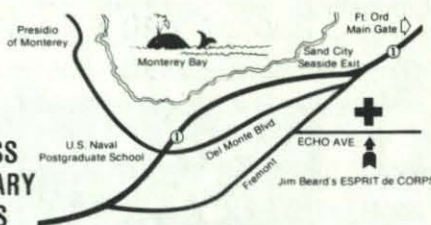
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an idea what size you are, shop with conviction that you've got the hard part licked. Unless you really like to browse and really enjoy shopping, you'll find you can get the job done with a lot less headache. Don't even bother with the departments that aren't for you, and go into the store prepared to undress several times. Wear an outfit which is easy to get into and out of, preferably a skirt and blouse with panty hose and comfortable, medium heels. It's hard to assess the effect of a skirt or dress in socks and tennis shoes. Besides, by wearing a two-piece outfit it's easier to try on separates. Leave easy to lose or easy to foret items (hats, gloves, scarves, and sunglasses) in the car or at home. And do be aware that dressing room security is often inadequate, so never leave valuables in the dressing area while you go out onto the sales

floor to exchange a size or to look at more clothes. The fitting room checkers are not responsible for your property.

As a closing note, when you try on clothes, really try them out. Walk around, sit down, stretch, do the things you'd be doing normally in the outfit. Look at it in the three-way mirror; does it ride up or gap at the bustline? Do you have to keep tugging at it to keep it in place? Will rehemming it destroy the lines of the garment, or are any necessary alterations really feasible? If it isn't right, even if it is a great bargain, pass it up. You won't wear it anyway. Your self control will really be rewarded when you find that perfect outfit, and you can afford it.

So, good hunting ladies, and I hope the dressing rooms will now emanate with sighs of relief. □

Stormy Weather

by Karla Henderson

Nancy stated that military wives make the best volunteers. They are quick to lend a hand and faithful in seeing each job to its conclusion. I stopped addressing my stack of flyers, struck by her statement.

I count myself among those who are most comfortable sitting back in the shadows watching others run the show. At social gatherings I drift from group to group listening attentively and occasionally interjecting a witty remark (I average about 3 per party). My neighbors are "the woman with the black dog," "the folks with the swing set" and "William's daddy." I can give eloquent speeches to the walls, bathroom fixtures, and car steering wheel, but I can't put two words together in the presence of other warm bodies. My acquaintances think that I'm a snob, but I prefer to think of myself as aggressively shy. For all of us retiring types "volunteer" is a dirty word, but I have known confirmed wallflowers struck down in their prime by sign-upitis.

This disease starts slowly with bake sales and phone trees. It can strike at any age group. As a child, I signed up my mother for baking cookies, field trip driver and Bluebird mint distributor. She was thrilled. As a military wife, the commitments have a way of growing exponentially as the sickness takes hold. Before you know it you're stuffing envelopes, writing articles, teaching Sunday School, and hosting parties.

Your calendar is a mass of meetings competing for space. Your husband awaits your return from meetings with a look of expectant horror. "O.K. what did you volunteer for this time?" Your phone is ringing day and night. Your arm is paralyzed in an up-raised position. At this point the disease threatens the very cornerstone of family harmony. If your children can't recognize you in a crowd, or refer to you as "the lady with the t.v. dinners," you may be a victim of sign-upitis. The only known cure for the disease is to move away from all the commitments. As much as I love this area, I'm thankful that our tour here is relatively short. There's always a possibility of relapse once we've relocated, but fortunately for us true wallflowers, the disease usually only strikes toward the end of a tour.

The Postgraduate School is a wealth of well-planned events and activities just waiting for new coordinators and workers after the inevitable quarterly turnover. The more people you know here, the greater the danger of becoming involved. With any luck at all, I'll be

a total stranger at my next duty station. Meanwhile, I'd better finish these flyers so I can make it to my *Classmate* meeting on time. □



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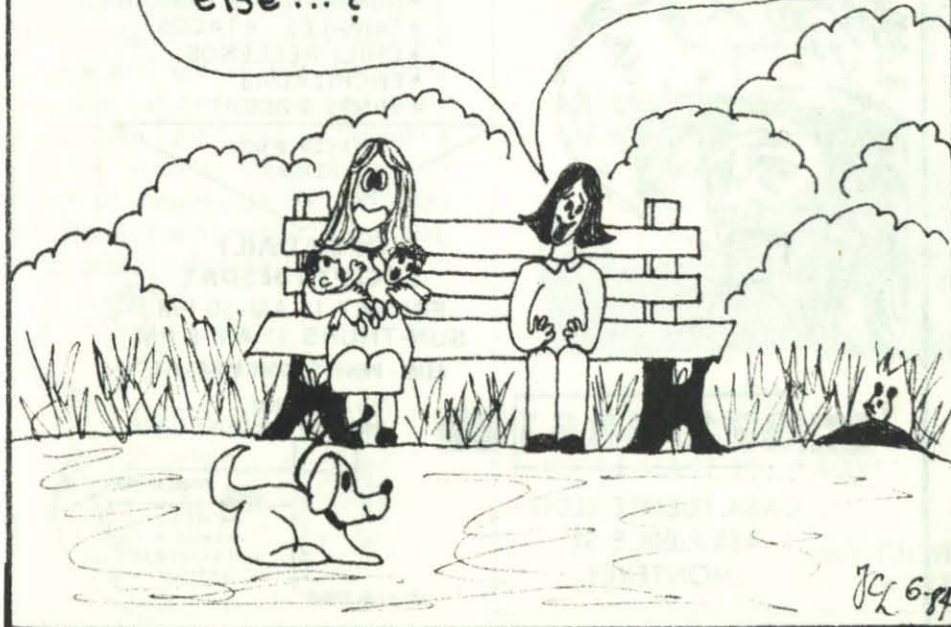
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By Joanne Langan

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NAVY BLEU

by MAUREEN DEUTERMANN

"Roll out those lazy, hazy, crazy days of summer!" So the song goes. I firmly espouse the "lazy" portion of that ditty, which means spending as little time behind an apron as possible. One way to enjoy these long, hot summer days while still maintaining your reputation as "chef extraordinaire" is by serving any one of these chilled soups. Make them ahead in the cool of the evening, and spend your days lolling in the sun.

The following cucumber soup is definitely "five star." Chill at least overnight to develop the subtle flavors.

CUCUMBER SOUP

2 cups milk
2 eggs, well beaten
 $\frac{2}{3}$ cup sour cream
 $\frac{2}{3}$ cup chicken stock
 $\frac{1}{3}$ cup dry white wine
1 medium cucumber, peeled, seeded, and finely chopped
 $\frac{1}{2}$ tsp. salt
1 green onion, minced (include top)

Mix eggs and milk in top of double boiler and cook over boiling water, stirring constantly. When thickened, set aside to cool. Then stir a little of this mixture into sour cream. Blend sour cream mixture into remaining milk and egg mixture. Add remaining ingredients and chill thoroughly.

Here's another cucumber soup, this one with a yogurt base. I prefer the first one, but this one is great if the thought of turning on the stove triggers an acute case of heat exhaustion.

CUCUMBER SOUP II

1 cup chicken broth
2 Tbsp. lemon juice
 $\frac{1}{4}$ cup onion, finely chopped
1 tsp. salt
 $\frac{1}{2}$ tsp. dillweed
Dash garlic powder
1 tsp. grated lemon rind
1 cup sour cream
1 cup yogurt
2 medium cucumbers, chopped, seeded, peeled
Cucumber and lemon slices

In blender, combine broth, lemon juice, onion, salt, dill, garlic and rind. Blend till smooth. Add sour cream and yogurt. Mix till just blended. Stir in chopped cucumber. Chill. Garnish with cucumber and lemon slices.

My mother-in-law serves this spicy soup at summer luncheons in San Diego. Those folks know how to beat the heat!

BLENDER GAZPACHO

2 cups tomato juice
1 cup peeled and chopped tomatoes
 $\frac{1}{2}$ cup of each of the following, finely chopped: green pepper, celery, cucumber, and onion
2 Tbsp. fresh parsley
1 clove garlic, minced
2-3 Tbsp. wine vinegar
2 Tbsp. olive oil
1 tsp. salt

$\frac{1}{2}$ tsp. Worcestershire sauce
 $\frac{1}{4}$ tsp. pepper

Mix together in one of the following ways: either blend all in blender, or for more texture, blend all ingredients except vegetables, and mix these in last. Chill well.

Any self-respecting "Lugen" will tell you that the reason the Germans and Poles boast such good food is because they stole their recipes from the Lithuanians! Heaven knows the Russians are also guilty of recipe filching, evident in their beet soup, which has long been a Lithuanian treasure.

COLD LITHUANIAN BEET SOUP

4 fresh beets, peeled and diced, including stems and tops
5 cups water
5 chicken bouillon cubes

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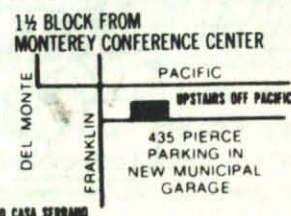
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1 bay leaf (remove before serving)
1 tsp. each dill weed, dill seed and
seasoning salt*

½ tsp. pepper*

¼ cup white vinegar, or to taste.*

Cover root portion of beets with water and bring to a boil. As the diced root portion becomes tender, add the stems and tops of the beets, which have also been diced. Also add bouillon cubes, spices and vinegar. Simmer slowly about 1-2 hours. Correct seasoning. Chill several hours, or overnight. Serve with a dollop of sour cream and, in the Lithuanian tradition, a warm boiled new potato on the side.

*Feel free to experiment with these proportions to your own taste. This soup is an old family recipe, and so exact measurements did not exist.

The first chilled soup I ever tried as a teenager was Vichyssoise. In-between proclamations of "Yuck! Yuck," I found to my amazement that I liked it. Thank you, Mother, it's still my favorite.

VICHYSOISE

4 leeks, white part only

1 medium onion

2 Tbsp. butter

5 medium potatoes

4 cups chicken broth

1 Tbsp. salt

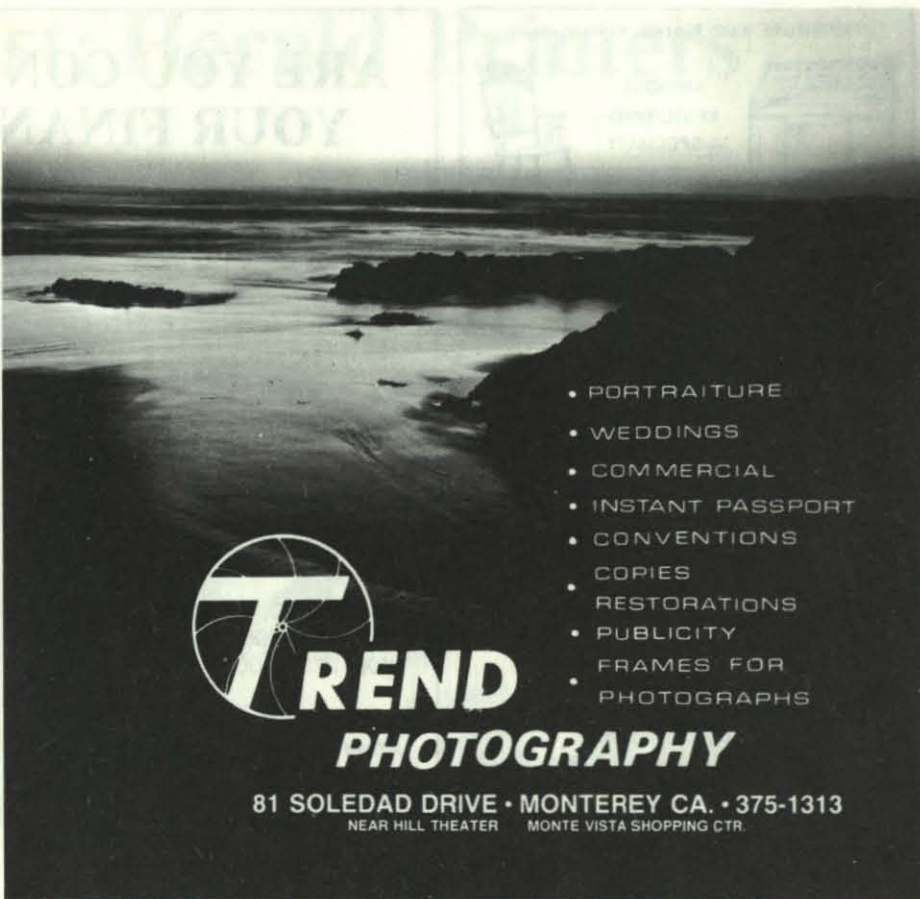
2 cups milk

2 cups Half and Half

1 cup heavy cream

Thinly sliced cooked carrot strips
(optional)

Finely slice leeks and onion, and lightly brown in butter. Add thinly sliced, peeled potatoes. Add broth and salt, and boil for about 40 minutes. Whirl in blender. Return to heat and add milk and Half and Half. Season to taste with salt and pepper and return to boil. Cool, and then pour through a very fine strainer. When thoroughly chilled, add heavy cream and chill very well. Garnish with chopped chives and carrot slices, if desired. □

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by POESINA

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It took you to brighten the way,
It took you to make a "Heart of Gold"!! ☐

In Our Midst: Herald Printers

by Laurie Givens

In this issue, *Classmate* finds it appropriate to highlight Herald Printers – the company which brings the finished copy to you month after month and which provides such outstanding service to the *Classmate* staff.

A family-run business, Herald Printers operates with a small, but well-organized staff consisting of twelve members, six of whom are members of the same family. At the helm is Dick Rotter ("DAD" to four staff members – his sons). Beside Dick at the helm is his wife Maureen who serves as his partner and accountant. The six other staff members are loyal employees who have stuck with the company even in the hardest of times.

Briefly, let me give you the history of Herald Printers. It all started in 1924 when one of Monterey's leading citizens, Colonel Griffin, bought a newspaper, then named the *Cypress*. The name was subsequently changed to the *Monterey Peninsula Herald*. Dick Rotter's father was one of Col. Griffin's first printers. In those days the paper had to be on the streets by 1:30 in the afternoon to compete with the Salinas paper. Col. Griffin, in a manner typical of Colonels everywhere, became irate if the paper was late. Frequently, the crux of the blame would fall on the job shop (the department which printed materials other than the newspaper) and after a period of time, around 1936, Col. Griffin decided to sell the job shop portion. A man named Harry Raine bought the business. It is known to this day as Herald Printers.

Many events have occurred since then. Mr. Raine is no longer with us, and the company suffered financial problems in 1979 (due to a partner who shall remain unnamed) but the one thing that hasn't changed is Dick Rotter who started working for Herald Printers in 1950, right out of high school.

Dick worked part-time in the "business." "I tried commercial fishing which was a fiasco," says Dick. "I also worked for Harry though, during the day and started raising a family. So when Harry offered me a full-time job – I said 'Heck yes!'"



The years went by, Herald Printers grew in size and moved several times to different locations on the Peninsula.

Then another member of the family decided to go to work for the company. "My wife was a housewife for 20 years.

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She raised our five children. When the oldest one got out of high school, she went back to work as a bookkeeper. The only way I could talk her into coming to work for me was if I promised we'd take a week's vacation once a year," remembers Dick. Dick hated going on vacation anywhere. He preferred staying at home. Anyway, Maureen came to work at the printing company and one by one, the boys came to work for Dick too. Dennis runs the front office. Brian works in the stripping room. Gary works in the bindery. And Greg makes all the deliveries. I won't forget Dick's daughter, Jan, who is presently attending U.C. Davis, or she would probably be here too.

Dick says he has a good crew – a SUPER crew! "I try to and have always tried to pay them the highest wages in the industry. Printing pays a third of what any other trade pays. If you were to take a poll of the 30 some printers on the Peninsula and ask each one if he'd rather be doing something else, he'd say 'You bet!' . Printing is not a lucrative business."

Classmate has been using Herald

Printers since the late 1960's. Both the printing staff and the *Classmate* staff work very closely to bring to their readers the best of quality workmanship possible. We have all come a long way from the beginning of *Classmate* when

it was just a two-page newsletter and Herald Printers has been right alongside. "We're here to do the job," says Dick. And we at *Classmate* say "Thanks Herald Printers – from all of us." □

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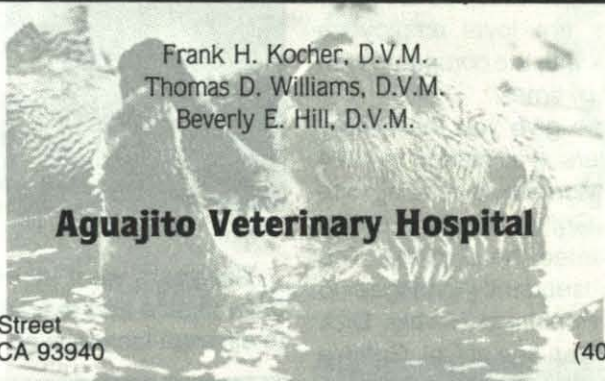
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BAY PHOTO LAB

by Marie B. Johnson

As I walked into Bay Photo Lab, 580 Lighthouse Ave. in Monterey, the first thing that struck me was the atmosphere. Unlike most photo labs in which the entrance is five steps from the counter and all the walls are covered with Kodak film and equipment, and there is barely room for more than two customers, Bay Photo is more like an art gallery. There are photographs on

the walls: large, framed photos in a variety of subjects and styles. Near the door are some comfortable looking chairs and plants. The thought of stopping to sit and absorb the art was tempting. Indeed, had it not been for the counter at the back I might have wondered if I were in the right place at all. There, behind the counter were the usual items associated with a photo lab: film supplies, service descriptions, and an assortment of prints, slides, and negatives all waiting to be claimed by their respective photographers. Most importantly, there was also the Customer Service Representative; on this particular afternoon, Christopher Hulse, "Chris."

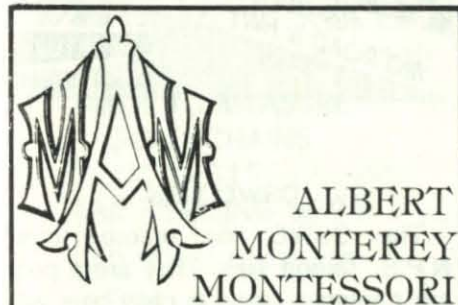
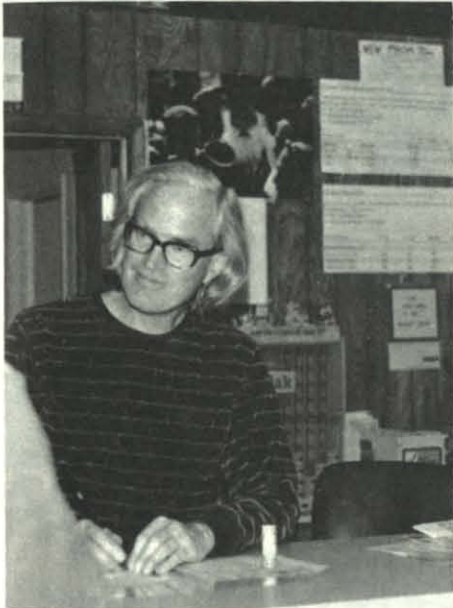
All the processing for *Classmate* pictures is done at Bay Photo. Since the main lab is located in Soquel, the photographers and staff talk to Chris or to Douglas Casperian, the other Customer Service Representative.

Co-owner Nancy Edgerly confirmed what Chris told me about Bay Photo. Their product is quality. Not 1-hour ser-

vice. Not super low prices. Quality. The best possible pictures from your roll of film.

To get that great picture, they offer a wide variety of services including copying, enlargements, slides, mounting and framing. Most major processing services will take one or two days although 35mm can be back overnight if it's in before 10 a.m. Ektachrome slides can also be returned overnight. Inter-negatives (negatives made from slides), mounting and framing, as well as black and white prints from color slides are available. Since *Classmate* uses black and white pictures the last can be a life-saver if an article is written about a past event or relatively inaccessible place like Yosemite and all the pictures are in color.

Cibachrome prints and enlargements are a recent addition to Bay Photo's services. This is due to a consistent demand for the product. Restorations are also done. Nancy mentioned that Bay Photo has done several family histories. This can be important if there is only one faded photo of great-grand-grandma on her wedding day.



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A new service, available at Bay Photo's Santa Cruz location is an Autolab. There you can rent darkrooms with automatic processors and will be taught how to use the equipment to develop negatives and make prints or to make prints from slides. Once you can use the equipment you can rent a darkroom and develop your pictures yourself. This is a definite advantage over the basic bathroom darkroom. For one thing, no one will have a more pressing need for the facilities.

In addition to all of these, there is another service which is, to me at least, one of the most important. As a member of the fiddle point, fiddle, pray and shoot style of photography, I need all the advice I can get. A photographer himself, Chris can give expert advice on cropping or lightening or even if a negative or slide is worth printing at all. It is all a part of helping you to get that great picture.

A telephone call interrupted our interview and when he returned, Chris mentioned that he will often get calls for services that Bay Photo may not be able to provide. In such cases, as in the call he'd just received, he tries to refer the customer to someone who can handle the request. Chris says that he can help any (as he terms them) commercial or non-commercial photographer with any need. He can usually tell what is possible and where to get it done.

For photographers, the Monterey area is ideal according to Chris. Subjects as diverse as the Big Sur coastline, city lights and people, Salinas Valley farmworkers and Pebble Beach golfers can be found within minutes of each other. Regardless of subject, one big advantage, Chris explained, is the fog. That's right. FOG. It seems that the summer fog is light enough to diffuse the sunlight, making it possible to use a lot of natural light without having to adjust radically for harsh shadows. He said that he does most of his shooting in the early morning or later in the evening, although almost any time is good here.

Bay Photo Lab is more than just another place to get your pictures developed. It's a resource for friendly

technical advice, for supplies, for references. It's a company dedicated to providing you with what you need to get your pictures just the way you want them. It's a quality place.

Bay Photo Lab is located at 580 Lighthouse Ave. in Monterey and is open from 9 a.m. to 6 p.m. Monday through Friday and from 10 a.m. to 2:30 p.m. on Saturday. The phone number is (408) 372-6337. □



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Dental Facts

Over a third of American school children — 37 percent, to be exact — have no tooth decay! That's the good news announced by the National Caries Program of the National Institute of Dental Research, based on their survey of 40,000 children aged 5 to 17. In the last decade, tooth decay among this age group has declined 32 percent. This means that the average child now has about five cavities, while his older brother or sister, who attended school in the early 1970s, would have had seven.

Nobody knows for sure why children's teeth are stronger today, but dental researchers believe the credit belongs to fluoride. Fluoride is a form of fluorine, the thirteenth most common element in the earth's crust. It can be found in soil, plants, and water. High amounts of fluorine are present in seafood and tea. All water contains some fluorine, but water from shallow wells often has much less than that of artesian wells or the ocean.

To have strong teeth, people need fluoride. The World Health Organization considers it to be an essential element for good dental health. Fluoride is of special benefit to children, because their teeth are still developing, but recent studies have shown that adults can benefit from fluoride, too.

Exactly how fluoride makes teeth stronger is not known. It may affect the crystals in the tooth enamel. It may stop the growth of bacteria on the teeth. It may somehow help the tooth enamel recover from early decay.

Whatever it does, fluoride works. If enough fluoride is in the community water supply, decay can be reduced by 50-70 percent. About 112 million people in America today drink water that contains the right amount of fluorine — one part per million. In some of these communities, the fluoride was in the water supply naturally; in others, it was added until the correct level was reached.

But what about those children who live in an area with no community water supply? Fluoride can be added to the water supply of their school, or fluoride tablets or drops may be prescribed by their dentist.

For additional protection against decay, fluoride toothpastes and mouth rinses can be used at home daily. During regular dental visits, your dentist or dental hygienist may apply a fluoride solution to your child's teeth. By introducing a once-a-week fluoride mouth-rinse program, many school districts have cut tooth decay among their pupils by 20-50 percent.

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these words can be used when talking about fluoride. It saves children's teeth and parents' dollars. No wonder every major American health organization supports the use of fluoride.

"They're only baby teeth, they'll fall out anyway." Fifty years ago, most parents and even some dentists felt this way about children's primary teeth. As a result, the children had dreadful teeth. In 1935, 96 percent of all five-year-olds had at least one cavity; 60 percent of them had seven or more. Painful toothaches and swollen jaws were not just jokes to laugh at in comic strips, but facts of life.

Today, the situation is far better. The National Caries Program of National Institute of Dental Health reports that 36 percent of all children 5-9 years old have no decayed or filled primary teeth.

This dramatic improvement in children's dental health has been possible only because people have realized how important the primary teeth are. Children need strong, healthy teeth to chew their food easily, to learn to speak clearly, and to look good to themselves and their families.

The primary teeth also help to reserve space in the jaw for the permanent teeth. If a primary tooth is lost too early, the teeth beside it may drift into the empty space. When it's time for the permanent tooth to come in, there's not enough space for it to grow into its proper position. This can make the teeth crooked, helping to create what dentists call a "malocclusion." Straightening teeth may require orthodontic

treatment.

All children should be examined by a dentist before the age of 2, when most of the primary teeth have erupted. In this way, any dental problems can be discovered and treated early. You can make an appointment for your child with a dentist who treats people of all ages or with a pedodontist, who specializes in the treatment of children. Many children with medical or emotional problems can benefit from the pedodontist's special training.

Often, parents do not realize that tooth decay can start as soon as the teeth come through the gums. Even babies can have widespread early decay if they are allowed to take a bottle of milk, formula, sugar water, or fruit juice to bed with them at nap-time or bedtime. Whatever the age, any child with tooth decay should see a dentist right away. Cavities don't get better by themselves; they just get worse. Decayed primary teeth can seriously damage the permanent teeth underneath them or near them in the mouth, as well as cause pain and difficulty in chewing.

"Money spent in the care of children's teeth is one of the wisest expenditures that can be made," said George Eastman, founder of the Eastman Dental Dispensary in Rochester, New York, in 1915. He was ahead of his time, but recognition of the fact that children's teeth are indeed important and deserve good care has been one of the major scientific developments in the last hundred years of dentistry. □

PUTTING IN A PLUG

From: POESINA

Why don't you come join us? Your reasons for joining the *Classmate* magazine staff may be different from mine. You are free to get as involved as you want. You can make phone calls, proofread, help with layout, take pictures, or write. Did I hear you say you would like to help with it all? Give one of the staff members a call!

We meet the first Tuesday and second Wednesday of the month. We usually do layout the first Sunday evening following the Wednesday meeting. C'mon! C'mon! What do ya say?

Let me add you to the *Classmate* staff list,

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CLASSMATE: 24 YEARS LATER

by Nancy A. F. Willis

The first issue of *The Classmate* was published in December 1960. Many changes have taken place in the twenty-four years that the magazine has been in existence. It was a different world twenty-four years ago, and *Classmate* has reflected the changes that have occurred not only in the OSWC, but in the role of the Navy spouse and the social life Naval Postgraduate School as well.

Classmate began as the magazine for the General Line and Naval Science School Officers' Wives Club. Previously, the GLNSSOWC's news media had been a monthly mimeographed bulletin. The first issue of *Classmate* was projected for December 1960, but the number of advertisers fell short of the number needed to cover the cost of the magazine. The section wives were each asked to donate fifty cents for a congratulatory ad on the last page of the first issue. The first issue had

four editors and consisted of twelve pages with the cover featuring an illustrated Christmas tree and a poem depicting the trials of getting the first issue out.

During the first year, the magazine increased to twenty pages due to an increase in advertisers. The articles during that year covered such features as dress-designing, flower arranging, little league ball games, book reviews, junior art contests, day camp activities, recipes, original poetry, and interviews with faculty members and other interesting persons. Each section had a separate column to cover the social news for that section.

In 1962, the three distinct Officers' Wives Clubs (the Engineering School Officers' Wives Club, the General Line and Naval Science Officers' Wives Club, and the Management School Officers' Wives Club) merged into the Officers' Wives Club of the U.S. Naval

Postgraduate School. There were 500 members, and *Classmate* became the magazine of the merged clubs.

Subsequently, in August 1962, *Classmate* changed to primarily accommodate the social news of each curriculum, with social editors from each section as a basic part of the staff. Previously, there had been only four staff members.

In December, 1962, the OSWC was given the use of the fourth floor Tower Room in Herrmann Hall. It is still used by the *Classmate* staff today.

By 1971, the magazine took on much of the look it has today. The mast head and layout were instituted in the March 1971 issue. In 1960, there were 19 advertisers. In 1980, there were 81 advertisers. The double issue for March/April 1984 had 160 advertisers. The 1980 issue had 40 pages, while the double issue for 1984 had 108 pages. The staff has grown from 4 in



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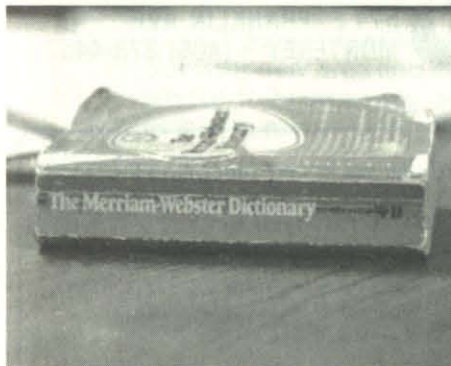
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1961 to 20 volunteer staff members in 1984. *Classmate* is one of the 21 committees of the OSWC.

The growth of the magazine from a newsletter which printed social news from each curriculum to a professional publication which is communicative, enriching, and informative necessitated a structural reorganization. The Editor, instead of being expected to be a "do-it-all" position, is now a more realistic position. An Editorial Board, consisting of the Editor, the Advisor, the Advertising Director, the Production Editor, and the Copy Editor, was formed to assist the Editor in decision-making. The position of Production Editor was created to oversee the actual putting together of the magazine. The Editor-in-training position will assure that each Editor is trained in all aspects of the magazine before assuming the position of Editor. With all the changes this should ensure the continued growth and success of the magazine. □



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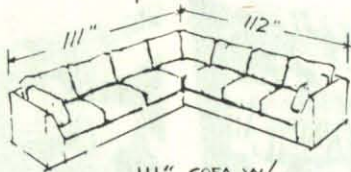
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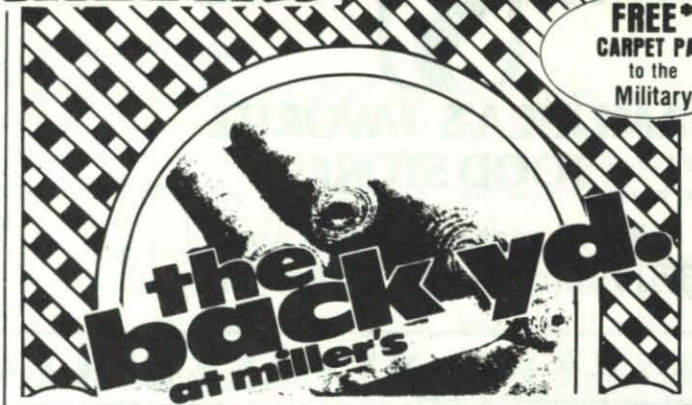


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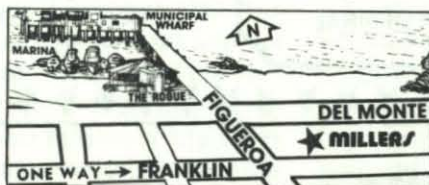


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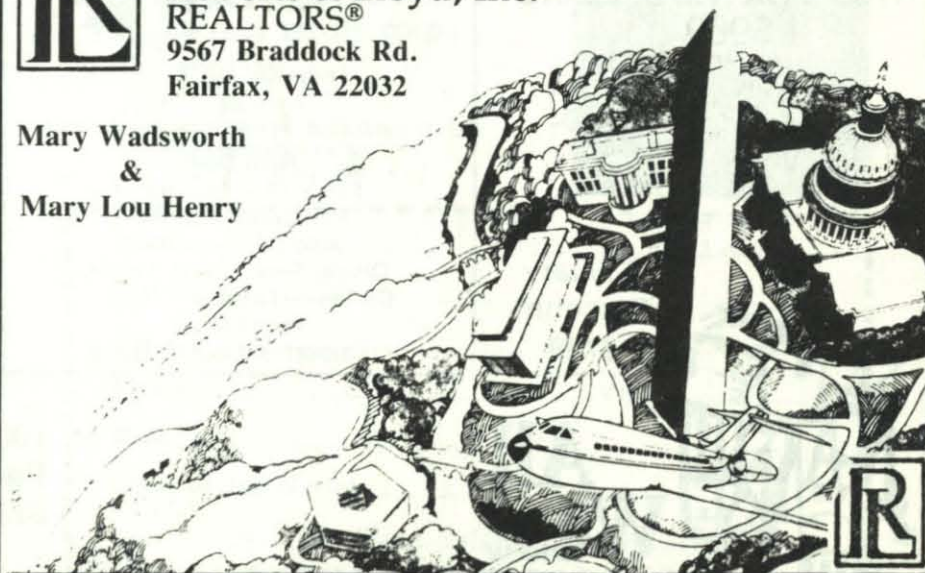


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